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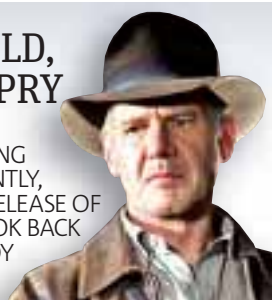
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NEWS
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THEY MAY BE OLD, BUT THEY'RE SPRY

IS THERE ANYTHING LESS APPEALING THAN WATCHING GRANDPA HUSTLE? EVIDENTLY, YES, THERE IS. WITH THE RELEASE OF THE ESCAPE PLAN, WE LOOK BACK AT OTHER OLD GUYS READY FOR ACTION **PAGE 10**



Click yes if you think this is a good idea

The City of London launches its online poll into the downtown master plan. Let the voting begin! **PAGE 2**

'It's called not much ... common sense'

Former T.O. mayor questions the ethics of student inquiries carried out by the London police **PAGE 3**

'Shocking animal cruelty' caught on tape

Hidden-camera video taken at two Alberta farms shows hens in tiny cages and chicks being smashed **PAGE 6**



Terry Off, left, and Heather Haldane, both from Goodwill Industries, say their micro-loan program is providing opportunities to entrepreneurs to obtain financing when no other options exist.

MARK SPOWART/FOR METRO

Micro loans offer big chance

Goodwill Industries.
Low-income
entrepreneurs getting
off welfare and into
business

**MARK
SPOWART**
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Ask any entrepreneur and they will say that financing a project is one of the most difficult steps.

Difficult becomes nearly impossible if you lack personal financial resources or have had credit difficulties in the past.

Enter Goodwill Industries, who in partnership with a number of community partners are giving low-income entrepreneurs the chance to realize their dreams.

"The micro loan is an opportunity for entrepreneurs with low income to receive financing in partnership with Libro Financial," says Heather Haldane, project manager at Goodwill Industries.

"It is designed for people who are not going to be able to go the bank or don't have that kind of experience."

Haldane stresses that it's not a gift. It's a loan and, just because an individual signs up and makes it to the presentation stage, there is no guarantee it will be granted.

"The first thing they have to

Funding

- The program is funded by United Way, Child and Youth Network, City of London, Sisters of St. Joseph and Citi Financial. The loans are granted by Libro Financial at prime plus two per cent.
- The three-year pilot provided for 30 loans up to \$5,000 to be extended to entrepreneurs who are starting or re-starting a new business.
- Goodwill, the program's administrator and co-ordinator, is putting up cash collateral to cover 80 per cent of the loan value.

know is when they come to my desk, they have a lot of work in front of them before they present their business plan," said Haldane. The pilot program is entering its third year. To date it has handed out 11 of the 30 loans available, with the hopes to extend the program past its July 2014 end date.

"We love this program," says Terry Off, chief financial officer at Goodwill.

"We see the change that it makes in people's lives and we would like to go into the community and have the community invest in its future."

Haldane and Off have seen, first hand, entrepreneurs who were relying on Ontario Works benefits move off social assistance in as little as four months.

Once the client has completed the business plan with assistance from the Small Business Centre, they work with Haldane to craft the presentation they will make to a panel of business people. It's much like the CBC program Dragons' Den, albeit a "warm and fuzzy Dragons' Den," says Haldane.

"We have a representative from Libro and three other volunteers, sometimes a business owner or from finance or the academic world. They receive the completed business plan ahead of the meeting and it is up to the entrepreneur to defend it," said Haldane.

Often the presentations — which can last upwards of two hours — turn into brainstorming sessions where the panel makes suggestions or finds a way to get the fledgling business up and running.

It was on such an evening when Damian Krzyminski presented his idea to manufacture carbon-fibre musical instruments. The panel was able to find a company in London that was prepared to allow Krzyminski to work inside its factory building his instruments. As a result Prima Sonoro has been able to manufacture its carbon-fibre cellos and place them in the hands of musicians.



Richmond Street is one of the areas the city wants to improve.

SCOTT TAYLOR/METRO

Click to vote on downtown upgrade plan

On the web. Online voting for far-reaching master plan goes live



MIKE DONACHIE
mike.donachie@metronews.ca

Want to influence the big changes happening downtown? Technology is your friend.

The city launched its online poll on the downtown master plan Monday, following last week's big meeting on the issue.

It lists the 10 "transformational projects" on the agenda for London, and lets citizens decide what are the most important.

For anybody who's ever played a strategy-based video game, this one's hours of fun. Plan some time before you take a look, because there's a lot to take in.

As well as the 10 options, each contains a series of options within options, asking people to help the city set priorities.

Then there are time scales. The 10 ideas include a mandatory question about when the work should start: right away, within a year, within four years or after

At a glance

The 10 big changes planned by the city are:

- **Dundas Place** — making Dundas Street more flexible for users and events.
- **Forks of the Thames** — improvements including that much-discussed "urban beach."
- **Richmond Walk** — adding bus lanes and making Richmond Street friendlier to pedestrians.
- **City Gateway** — a new public square outside the train station.
- **Market district** — changes
- outside Budweiser Gardens and Covent Garden Market.
- **Sports Hero's Way** — work at Kensington Bridge and Riverside Drive, including making Kensington one-way.
- **Clarence Street connector** — with tree planting and wider sidewalks.
- **Alleyway connections** — meaning restaurant and retail spaces, mainly north of Dundas.
- **Queens Station** — new transit square at Queens Avenue and Richmond Street.

five.

There are big budgets. The "city gateway" project, for example, for the area around the train station, has a proposed budget of at least \$5 million and rising to \$15 million.

City of London urban designer Jerzy Smolarek said it's the first time the planning department has sought online opinions on this scale, although the Rethink London process did get very detailed in its surveys.

"We want to hear what the public has to say and get the best feedback," said Smolarek, "and this is one interesting way to do that."

Already people provided opinions at a public meeting on Oct. 16, at which they could use their cell-phones to choose their preferred projects.

The survey can be found at: surveymonkey.com/s/DowntownMP.

People have until Nov. 1 to complete it.

London's top employers listed on nationwide leaderboard

Four London companies have been named in the list of Canada's Top 100 Employers for 2014.

Western University, 3M Canada, EllisDon Corporation and Labatt Breweries all made the grade this year when they were evaluated by judges.

In its 15th year, the list is selected from more than 3,200 applicants who are

judged on eight different criteria including workspace, community involvement, performance management, employee communications, work atmosphere and activities, vacation and time off, benefits, training and skill development.

In a release, Western president Amit Chakma said: "Our faculty and staff deserve

the credit for this honour.

"One of the most attractive things about working at Western is the opportunity to work with the best, and be part of teams that provide a high quality of global education and conduct research that has impact around the world."

The judging panel noted amenities like nap rooms, scholarships for employees'

children and staff bonuses at Labatt Breweries, along with EllisDon's St. Lucia resort, where staff can travel at a discounted rate, and profit sharing all contributed to the respective companies' inclusion on the list.

3M holds true to its name by giving employees a minimum of three weeks' vacation as well as a maternity

leave financial top-up and on-site fitness facility, which helped ensure their place in the Top 100.

MARK SPOWART/FOR METRO

Online

For more local news go to metronews.ca



Initiative lacks understanding, common sense: Ex-T.O. mayor

'Polarizing views'

Chief's concern due to student gatherings

Comments made by police Chief Brad Duncan, in a statement Monday, include:

- "The issues have been present for a number of years and have resulted in polarizing views in terms of how the problems should best be addressed."

- "Increasingly it has become apparent that, although we have limited the potential for personal injury and property damage, large gatherings in student occupied residences remains an area of great concern."

- "In response to various concerns and perspectives associated to the police role associated with student behaviour, and recognizing that the police are only one portion of the response, I am meeting with a number of delegations."

- "I have reached out to Councillor Matt Brown, Chair of the Town and Gown Committee, to look for an opportunity to engage our community members, particularly in those neighbourhoods with large student rental properties."



A friendly encounter between a Western student and a police officer during Homecoming 2013 last month. ANGELA MULLINS/METRO

Wrongheaded?

Former Toronto mayor questions ethics of student inquisitions



SCOTT TAYLOR
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An expert in police operations said the strategy London police employed of knocking on doors and asking students for personal information is overbearing and unethical.

John Sewell, a former mayor of Toronto and the current co-ordinator of the Toronto Police Accountability Coalition, described the initiative as wrong-

Quoted

"I'm sure that student-occupied housing is no different in London than it is in Kingston."

John Sewell

headed.

"It's called not much understanding and not much common sense," he said. "You don't assume that every student is going to do something stupid."

He mostly took issue with London police Chief Brad Duncan's contention that students were free to refuse the requests.

"What you have to remember is there's a power imbalance when you're dealing with the police," Sewell said.

"So if they stop you in the

Emerging Leaders.

He also said the police service will examine this year's version of the contentious Project LEARN, the biannual crackdown on rowdy student behaviour in the city.

"Finally, I have commenced an internal review of 2013 Project LEARN in light of concerns raised over the approach to students occupying homes in specific neighbourhoods where continued community problems exist," he wrote.

Sewell agreed with that approach in light of all the negative publicity.

"I think it's perfectly fine that the chief is rethinking this. That's good, it's smart and I think he's reacting appropriately."

Fontana et al. Tuesday the big day for ombudsman's findings

The big day has arrived for one of the City of London's most controversial political issues in recent years.

Back in February, Mayor Joe Fontana and six councillors met for a conversation in the back room at Billy T's Tap and Grill. That meeting has since been the subject of intense scrutiny from the public, and from Ontario ombudsman Andre Marin. Marin's office has since completed a formal investigation into whether the meeting was a private one, and

illegal. Council business must be done in public.

The report was to be revealed at a special meeting of the city's strategic priorities and policy committee at 3 p.m. Tuesday, but Marin is moving faster than that. He has announced he will hold a media conference in London at 1 p.m. to make the report public.

The councillors at the meeting were Stephen Orser, Joe Swan, Bud Polhill, Sandy White, Dale Henderson and Paul Van Meerbergen. **MIKE DONACHIE/METRO**

Oct. 31

Rotman to speak at Canadian Club of London event

Western University chancellor Dr. Joseph Rotman is to be the latest leader to speak to an event run by the Canadian Club of London.

The club's speaker season will continue on Thursday, Oct. 31, at the Hilton London, 300 King St. The event is open to leaders in business and academia.

METRO

Donations. Cadets thank London community

London's air cadets were out in the cold during the weekend but warmly welcomed by the community.

The young uniformed members of 27 Squadron Royal Canadian Air Cadets were outside businesses across the city to collect money to promote the air cadet program.

"The thoughtful and generous donations of Londoners continue to help Cadets participate in a positive, active and valuable youth

movement," said squadron spokesman Simon Pont. "The program develops good citizenship, leadership skills, physical fitness, and fosters an interest in the activities of the Royal Canadian Air Force (RCAF)."

He said the cadets give back to the community in volunteer hours by taking part in the annual Western Fair District Warriors Day parade and other events.

METRO

Grand Theatre. Generous gift goes to London landmark

London's Grand Theatre raised the curtain Friday with the announcement that the London landmark has been awarded a grant of \$267,000 from the federal government.

The money is from the Canada Cultural Spaces Fund (CCSF) and it will go towards improvements to the theatre.

London North MP Susan Truppe said the Grand is "a dynamic player in our community's cultural life."

Grand Theatre board president Ron Koudys said such funding is integral to the fundraising initiatives of not-for-profit endeavours.

"This type of support provides the critical foundation that allows us to leverage matching funds to complete necessary capital improvements to our buildings."

The CCSF's goal is to improve physical conditions for artistic creativity and arts presentations or exhibitions. It is also designed to increase access for Canadians to performing, visual, and media arts, and to museum collections and heritage displays.

METRO

Flake-free

Forest City's snow forecast all wet

Keep calm and carry on, as the saying goes.

We're not going to see snow this week after all, according to Environment Canada.

A smattering of snowflakes was initially forecast for the middle of the week, but Mother Nature, it seems, is giving us a reprieve with cool but not cold temperatures around the 8 C mark through the coming weekend.

Much to the chagrin of Boler Mountain enthusiasts, the flakes we were supposed to see wouldn't have stayed on the ground anyway.

Now, back to our regularly scheduled programming.

SCOTT TAYLOR/METRO

Queen's Park. Opposition scoffs at Liberal pledge of government transparency

Ontario's opposition parties accused the governing Liberals of hypocrisy on Monday after Premier Kathleen Wynne released an open letter promising more openness and transparency.

The Progressive Conservatives and New Democrats said the Liberals' efforts to cover up the gas-plants scandal — which cost taxpayers up to \$1.1 billion — speak a lot louder than their words.

"How dare they talk about open access to government information when they spent years covering up the gas-plant scandal," PC Leader Tim Hudak told reporters.

"It made me think Kathleen Wynne and the Liberals are a bunch of hypocrites."

In her open letter to the "people of Ontario," Wynne said she wants to make government information easier to find, understand and use so the province can design services that deliver better results.

"We will also create a central space online where people can find information about government consultations, get engaged in that process and express their ideas on government policy," she wrote.

THE CANADIAN PRESS



Halloween window a real howl

Kingsmill's does everything with style, and Halloween is no exception — as proven by this sharply dressed party ghoul in the store window.

SCOTT TAYLOR/METRO

Enbridge. Protesters rally outside — even after final pipeline hearing gets axe

The final day of hearings on a proposal to reverse the flow of a pipeline that runs between southern Ontario and Montreal was cancelled Saturday due to security concerns.

But that didn't deter hundreds of protesters who rallied outside the site of the scrapped hearing in Toronto to oppose Enbridge's plan to reverse its Line 9 and increase

its capacity to carry crude oil.

"They try to make it seem like we're not going to have a spill. And it's very likely that a spill will happen somewhere along this line," said protester Nigel Barriffe, who lives near Line 9 in Toronto.

The NEB didn't provide a date for when Enbridge will present its closing arguments. THE CANADIAN PRESS



Mayor Joe Fontana at the strategic priorities and policy committee meeting on Monday. He says that elected officials need to do a better job in conveying to Londoners the expectations and level of commitment required by council members. MARK SPOWART/FOR METRO

Compensation for council remains as is

Vote. Committee decides against task force's recommendations

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Sometimes it is best to just say "thank you" and move on. That was the only motion on the floor at the start of the strategic priorities and policy committee meeting.

However, after more than two-and-a-half hours of debate, the committee, which is represented by all 15 members of council, voted against all the recommendations the Council Compensation Re-

0-for-3

Recommendations to remove the one-third tax-free allowance, the committee chair additional stipend and the stipend increase for the next council term were all defeated.

view Task Force made, which would have seen the stipend paid to elected council members reduced for the next term.

"If there is one thing that came through loud and clear, (it's that) there is a wide scattering of perception to the value of council," said Brian Orr, chair of the 2013 Council Compensation Review

Task Force. "It is scattered in pockets out there that (councillors) are very undervalued, to they are no value at all and everything in between."

Orr noted that public participation was significantly increased — the task force received surveys from more than 1,400 Londoners, compared to the 170 who participated in the previous task force.

In his turn to address the report, Coun. Matt Brown made the motion that this council's stipend not get the annual increase it is entitled to, effective in 2014.

It was a motion that drew fire from other council members, most noticeably Coun. Joe Swan.

"My colleague often talks

about his conflict of interest and that he can't sleep at night because of this problem of voting on his own compensation.

"It seems to me that there is nobody else in the City of London who has to vote, and that council is the only organization required by law to do this. I would like to call on the city solicitor to clarify this point for my junior colleague," said Swan, who drew cautions from Mayor Joe Fontana regarding how he addressed Brown.

After the city solicitor confirmed that council is indeed required to vote on its own compensation, Brown's motion was defeated 8-6, with Coun. Dale Henderson recusing himself from the vote.

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Senate. Duffy victim of a PMO coverup plan: Lawyer

Sen. Mike Duffy's lawyer says the Prime Minister's Office arranged to pay off his client's disallowed housing expense claims as part of an effort to hide a political embarrassment.

Donald Bayne says Nigel Wright, then the prime minister's chief of staff, told Duffy in an email last December that his housing claims were legitimate.

But by February, Wright was urging Duffy to accept a PMO plan that included lines for the media in order to defuse the whole expense situation.

Wright later personally paid \$90,000 to repay Duffy's expense claims even though, Bayne said, Duffy felt he had done nothing wrong.

"It's a scenario, in Nigel Wright's own words, that was created for Sen. Duffy not because he had anything to hide or had made inappropriate claims, but because the PMO had decided that they wanted to sweep a political embarrassment to their Tory base under the rug," Bayne told a news conference Monday.

"They threatened Sen. Duffy with wholly unconstitutional and illegal procedures of throwing him out of the Senate without a hearing if he failed to go along with it."

Bayne said Duffy repeatedly checked to see if it was legitimate for him to claim expenses in relation to a primary residence in P.E.I. and was told it was.

THE CANADIAN PRESS



Sen. Mike Duffy's lawyer has come out swinging against the PMO.

SEAN KILPATRICK/THE CANADIAN PRESS

Toronto Zoo

Farewell Iringa, Toka and Thika

The Toronto Zoo is wishing its three former elephants the "very best" in their new home in California.

The zoo says the elephants arrived safely at the Performing Animals Welfare Society sanctuary near Sacramento at about 9:30 p.m. Sunday. Zoo staff were on hand when each was unloaded from crates. THE CANADIAN PRESS

York, Penn.

Kindly thief returns pumpkin stolen from boy

A thief has returned a 255-pound pumpkin that a central Pennsylvania boy won by correctly guessing its weight — along with a note apologizing for the theft.

Nine-year-old Jaiden Newcomer of York won the giant pumpkin at an Oktoberfest celebration.

THE ASSOCIATED PRESS



Nineteen-week-old chickens are transported to Ku-Ku Farms in this photo. The hidden-camera video was filmed by Mercy for Animals Canada. CONTRIBUTED

Cruelty alleged at chicken farms

Mercy for Animals. Hidden-camera video taken at two Alberta farms shows hens in tiny cages and chicks being smashed

Not us, said McDonald's

"Abuse is never tolerated in our supply chain and McDonald's has strict policies in place concerning the treatment of animals that our suppliers must adhere to at all times."

Spokeswoman Karin Campbell of McDonald's, who says the fast-food giant's eggs do not come from the farms in the W5 story, nor from Alberta

An animal-rights organization is urging McDonald's Canada to take a firm stand against what it calls "shocking animal cruelty" captured on a graphic video it says was taken at two Alberta farms.

McDonald's, for its part,

says it gets no eggs from those farms.

The hidden-camera video filmed by Mercy for Animals Canada aired on the CTV show W5 last week. It shows hens crowded in battery cages, and

chicks being violently smashed by workers and thrown into garbage bags.

"They're so crammed inside those cages they can't spread their wings, they can't walk, they can't turn around, they

can't engage in any of their natural behaviour," said Stephane Perrais, director of operations with Mercy For Animals Canada.

"They spend one year of their miserable life in there, basically producing eggs and after that time period, they're considered spent by the industry because their productivity is declined, and then they're slaughtered."

The group says the footage was taken by an undercover investigator who was hired as a farm worker by Ku-Ku Farms and Creekside Grove Farms for 10 weeks. THE CANADIAN PRESS



A chick is shown trapped in the wire of a cage in this handout photo provided by the rights group Mercy For Animals Canada. CONTRIBUTED

Egg industry's view

Egg Farmers of Canada, a non-profit organization that inspects egg producers across the country, said it has watched the W5 segment, and that what was aired was an "aberration" from normal practices.

• "What we did see, and what I was exposed to on W5, was certainly very alarming and disappoint-

ing to me as an egg producer," said organization chairman Peter Clarke.

- Egg Farmers of Canada is investigating Mercy for Animal Canada's video to make sure it is authentic, Clarke said.
- It has also launched an investigation of the two Alberta farms.

Team Canada wants ethical Olympic gear



Hockey Canada and Nike's newest Olympic Team Canada hockey jersey has 12 gold Maple Leafs behind the collar. The sports governing body is pursuing an ethically sourced clothing policy. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Fair-made jerseys. 'We want to keep up to the highest standards of transparency': Official

Hockey Canada, the most influential sports governing body in Canada, is pursuing an ethical sourcing policy for its merchandising partners for hockey sweaters, T-shirts and other fan goods.

Torstar News Service has learned the organization's senior staff last week presented the executive committee of Hockey Canada's board with a proposal to begin discussions with three or four industry watchdogs that monitor suppliers of western retailers in the developing world.

"We have been looking into this in recent days and we recognize we have some work to do," said Scott Smith, Hockey Canada's chief operating officer, in an interview.

Staff began examining the organization's policies after receiving questions from Torstar, Smith said.

"We want to keep up to the highest standards of transpar-

Where Games gear is made

- **Hudson's Bay Company:** consumer clothes made in China; 85 per cent of athletes' clothes made in Canada, remainder in China
- **Nike hockey jerseys:** player jerseys made in Canada; replicas in Indonesia
- **Adidas bobsled and skeleton gear:** made in Vietnam, China, Indonesia and Cambodia

ency," he said.

Smith said Hockey Canada staff plan to contact labour-rights groups, as well as a program enlisted by retailers and manufacturers to certify suppliers are meeting their standards.

Hockey Canada's promise comes amid increased scrutiny of the garment industry. Six months ago, the Rana Plaza disaster in Bangladesh killed 1,129 workers and western retailers have since been adjusting and explaining how they source their suppliers abroad. **TORSTAR NEWS SERVICE**

Social media. Facebook may take under-13 users

Some privacy advocates were rankled when Facebook announced changes to its policies last week that allow teens to post public updates that can be viewed by anyone in the world.

But Facebook has contemplated another rule change that could prove even more controversial.

Facebook's manager of privacy and safety Nicky Jackson Colaco says the social network has "thought a lot about" opening up the site to children under the age of 13, without

violating laws in Canada and abroad.

In the U.S., the Children's Online Privacy and Protection Act prohibits information-gathering from children under age 13. Despite this, plenty of kids are using the site anyway, often with help from parents.

A spokesman for Canada's privacy commissioner Jennifer Stoddart said in a statement that consultation would be important if Facebook planned to accept younger users.

THE CANADIAN PRESS



Facebook is now allowing teenagers to share their posts on the social network with anyone on the Internet. JUSTIN SULLIVAN/GETTY IMAGES

Cutting carbs? Maple Leaf may sell Canada Bread

Maple Leaf Foods has put its bakery business on the auction block as it explores possibilities that would get the most out of its 90 per cent stake in Canada Bread.

Chief executive Michael McCain said Monday that while the company hasn't decided the future of the bread operations, a sale is on the shortlist of possibilities.

"We started a process to consider alternatives," he said.

If a deal materializes, popular brands such as Dempster's, Tenderflake and Olivieri would

Baking time

2015

The anticipated sale of Canada's largest bakery business is part of a multi-year restructuring effort, which Maple Leaf expects to complete in 2015.

find themselves in the hands of a new owner.

Canada Bread has also been downsizing. It announced in January that it would shut two factories with 121 jobs total.

THE CANADIAN PRESS

From the Olympians

Athletes want transparency

Former Canadian Olympian Bruce Kidd is concerned the Canadian Olympic Committee's (COC) ethical sourcing policy, disclosing where items are made, is not publicly

available. The current policy requires that its partners monitor factories for rights violations.

"(Factory disclosure) shows that there is nothing to hide in the production line and enables independent monitoring. Olympic athletes represent the best values of youth and competition and athletes should not be competing or

marching in uniforms that exploit people," he said.

Olympian Clara Hughes said that while she hasn't asked about the COC's policy, she wants "something very transparent in place that's followed so you would never see a Canadian Olympic athlete competing or wearing anything that's made in that manner." **TORSTAR NEWS SERVICE**



Clara Hughes says athletes should wear ethically sourced gear.

TORSTAR NEWS SERVICE FILE

Market Minute



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LIVING SOLO NO LONGER FOR SPINSTERS

I will always cherish the brief couple of years that I lived entirely on my own; it was a beautiful period of independence, self-actualization and cereal for dinner. And while I have no desire to be romantically unattached again, I do find myself occasionally craving the single lifestyle.

I miss the lack of accountability that comes with living alone and the ability to indulge in all of that secret, single-girl behaviour I feel obligated to hide from my boyfriend like painting my nails in bed while watching very bad reality television.

Worldwide, the number of adults living alone has tripled in half a century. For the first time in Canadian history there are now more single-person households than couple households with children. In major cities, we are increasingly alone together: domestically separated but profoundly connected by our communal urban experiences — in restaurants, bars, gyms, mu-



SHE SAYS
Jessica Napier
metronews.ca

seums — and through social-media platforms.

In the new CBC documentary *Flying Solo*, producer and director Scott Harper examines the dramatic shift in our culture towards living alone — its origins, influences and the repercussions for our society at large. The documentary, which premieres Thursday on CBC's Doc Zone, follows a diverse variety of individuals living alone in cities across Canada and the United States.

The major benefit of independent living is the selfish autonomy it provides; when you have your own space to come home to it can be “me time” all the time. It's the freedom to do as you please that appeals to single dwellers, says Harper: “To go to bed and get up on your

clock, to eat what and when you like, to travel and to spend time with whomever you want without having to check in with anyone.”

Of course, flying solo does have its downsides. Single-in-

come households are inherently more expensive and can lead to feelings of isolation. Without roommates or a spouse, solitary residents can risk feeling alienated if they don't take proactive measures to remain socially active.

But Canadian cities aren't full of lonely spinsters and incorrigible bachelors. Instead, we are witnessing the emergence of a new breed of people in their 20s and 30s who aren't rushing to settle down and procreate but are instead focused on nurturing their own individuality and spending time with their extended social circles of friends and co-workers. We're creating new urban tribes and debunking the traditional nuclear family model in the process.

“As a group, solos are reshaping the economy, politics, the environment and of course the future of the family itself,” says Harper. “I think that there still is — and probably always will be — a desire for partnerships and kids — it's just that now the stigma over opting out of being a part of that, and choosing to live on your own, is over.”

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Face it: 11 acres makes for a large portrait



COURTESY JORGE RODRÍGUEZ-GERADA/BELFASTFESTIVAL.COM

Largest land art in the U.K. on display

A gargantuan picture of a child has been unveiled on a field in Belfast as the largest land-art portrait in the U.K.

Spanning 11 acres (44,515 square metres) of land in Belfast's Titanic Quarter, a regenerated district near where the RMS Titanic was built, Wish is the name of the portrait of an anonymous six-year-old girl from Belfast. It was created by Cuban-American artist Jorge Rodríguez-Gerada.

METRO

GPS, and lots of hard work

30,000

Volunteers used GPS technology to map out the site before laying 30,000 wooden pegs to trace the image's outline. Two thousand tonnes of soil and 2,000 tonnes of sand were needed to create the artwork. Wish was 18 months in the making, with one month for production, Rodríguez-Gerada told Metro. The artist, who currently lives in Spain, added: “Around 100 volunteers — everyone from local artists, construction workers, to grandparents and their grandchildren — helped out in making this portrait possible.”

Artist's viewpoint



“Its message is social: the universal power of making a wish. And its location in a regenerated part of Belfast — with all its recent history — is profound.”

Jorge Rodríguez-Gerada,
47-year-old Cuban-American artist

Obstacles didn't stop volunteers

For Rodríguez-Gerada, the artwork was an arduous one. “Interference from a nearby airport, difficulties in spreading the sand evenly and the rain made the project challenging,” he said.

“What I didn't expect was the community's response,” the artist added. “People from both sides of the political spectrum were supportive and united to create something universal.”

METRO

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

One of the best features of living in the future is how simple it is to learn about the past. Subscribe to these history podcasts on iTunes and treat yourself to a few crash courses.

In Our Time:

The topic of Melvyn Bragg's weekly BBC panel show is always a surprise when it shows up in our feed. From well-known battles and leaders to obscure philosophies and diseases, the range of Bragg and his rotating crew of experts is like a history swatch.

The History of Rome:

By this point, Mike Duncan's exhaustive history of the Roman Empire is more audiobook than podcast — the series wrapped in 2012 with the fall of the empire. But if you take

the time to treat yourself to the 179 25ish-minute episodes, then feel free to consider yourself an expert.

Dan Carlin's Hardcore History:

Though the episodes can be pretty meaty — each episode of his five-part series on the Mongols ran at least an hour and a half — the time is used extremely well. Carlin's gravelly delivery can sound a little talk radio at times, which happens to fit his somewhat contrarian take on events you thought you knew about.



The Roman Baths in Bath, England, contain one of the best examples of a preserved Roman bath complex in Europe. GETTY IMAGES

Twitter

@metropicks asked: A landlord is feuding with tenants keeping a legal grow-op. Should some legal activities be banned for tenants? Which?

@WTarcisio: It is a fight of neighbors on a global scale. He should have given marijuana to another and would have avoided this whole mess.

@calgarytoad: Throwing hammers at your walls is not illegal but I

wouldn't want my tenants doing it.

@TheJamesAsh: But your lease typically explicitly covers damage and how it's handled. A legal grow should be no different.

@calgarytoad: Agreed. Tenants should pay for all damages regardless of cause.

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The classic action star is alive and well, albeit a little long in the tooth. Last weekend Sylvester Stallone and Arnold Schwarzenegger teamed up in *The Escape Plan* — despite being 67 and 66, respectively. But the thrill of seeing old timers acting like lithe 20 year olds has been long with our culture. It's a tradition, albeit one that has ramped up in recent years.

MATT PRIGGE

Metro World News in New York



John Wayne (Brannigan, 1975)

At 68 — before his autumnal swan song, *The Shootist* — The Duke made the kind of movie most actors wouldn't make at 58, playing a cop who travels to Jolly Ol' England to speed around in cars and very, very, very slowly draw his gun on perps. Can you believe this isn't the oldest entry on this list? (Keep reading.)

5

Old guys ready for action



Roger Moore (A View to Kill, 1985)

Pierce Brosnan, the man born to play James Bond, was waiting in the wings in the early '80s as the then-current Bond was bound to retire. And why wouldn't he? He was almost 60 years old. Regardless, Moore wouldn't surrender the throne, and at 58 he made his last appearance as 007. Technically, about 40 per cent of his performance is stunt men shot from a distance, or shots of him in front of rear projection, pretending to be skiing madly down a hill. But he's still randy as ever, although he's, at this point, really more of a dirty old man.



Harrison Ford (Indiana Jones and the Kingdom of the Crystal Skull, 2008)

Ford seems to have resigned himself to being old, now that he's 71. He plays administrative roles now, in *42* and *Ender's Game*. But only five years ago he was relaunching his second most famous franchise, and looking pretty weary while doing it, too.



Charles Bronson (Death Wish V: The Face of Death, 1994)

Bronson came to mega-stardom relatively late in life, not hitting *Death Wish* pay dirt until he was in his 50s. Through the '80s he was an industry unto himself, making cheap, sleazy, highly questionable vigilante pictures, including one where he hunts down a killer nudist (10 to Midnight). Few of these did well, and almost no one went to see the final instalment in his most famous franchise. This is too bad because he was a 73-year-old gunning down "creeps" with big guns.



Clint Eastwood (Gran Torino, 2008)

This isn't technically an action film, but it does feature Clint wielding guns, pushing people around, barking threats, etc. It's the only one to really acknowledge that its hero, then 78 (now 83), can't do this stuff anymore. In fact, Clint has been scarce from the screen the last two decades. His last proper action film was *In the Line of Fire* in 1993, which still features him running on roofs and putting the moves on Rene Russo. If Clint isn't stretching his muscles on screen these days, that's partly because he sometimes directs two often long movies a year.

Cults likes to keep the band Static

No new players.

While it might make sense to expand the band for a bigger sound, Cults likes the DIY approach

PAT HEALY

Metro World News in Boston

When a musical project that begins as one or two people becomes Internet famous, small

groups are often forced to expand so that all of the sounds that very few people took part in recording can be fully realized for the live show.

And just as often, the people who made up the core of the band just accept the touring musicians into the lineup for the second album. But Cults guitarist and singer Brian Oblivion says he and singer Madeline Follin felt no such temptation to bring any additional help into the creative process.

"I think I'm better with the complexities of put-

ting together the keyboard part than the complexities of dealing with a keyboardist personality," says Oblivion.

"I think that's the problem with me; I have a hard time dealing with other people."

This uneasy edge casts a shadow over the poppy 1960s sound on Cults' new album, *Static*.

The album picks up where the band's 2011 self-titled debut left off.

The sound is richer, but it doesn't sacrifice the intimacy or weirdness of two people hav-

ing fun making music, regardless if they find success doing it or not.

"We make these records for ourselves and we do hope that people will take them in and enjoy them," says the guitarist, "but we don't really stress out if they don't."

"It's not like we have our hopes and dreams and life and everything tied up in being a rock star."

That said, a guy who calls himself Brian Oblivion could probably come up with a moment or two where he engaged

in traditional "rock star" dalliances after touring the world with Cults, right?

"I think doing bath salts in Japan," he says, sounding almost embarrassed.

"There was a moment where after being up for 16 hours, I was sitting in the middle of Shibuya Crossing and I didn't know where I was and I started crying and laughing hysterically and then crying again, while these Japanese people were crowding around me. I was like, 'Oh this is too much.'"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Is the industry's most controversial photog about to be out of work?

ALICE TATE
Metro World News

Terry Richardson has found himself at the centre of a new media furor. No, it's not surrounding a new set of Miley Cyrus images. Instead, he, himself, is the subject of an anti-Richardson petition, which urges brands and major magazines to boycott the photographer. Alice Ehrenfried launched a petition on Change just over a week ago, titled, Vogue, H&M, Mango, Supreme, and all other

brands: Stop using alleged sex offender Terry Richardson as your photographer. Penning strong words on the site, Ehrenfried's aims are even stronger, as she appeals for 50,000 signatures. Whilst the hefty figure seems ambitious, now that the campaign is en route to going viral, reaching the goal doesn't seem out of the question. The petition has nearly 6,000 signatures already. The magazines still seem to love him but clearly not everyone is OK with Richardson's exploitative take on editorial.

"It's very important that degrading images are not considered 'the norm' and that (alleged) sexual predators are not glorified in the fashion industry," Ehrenfried, who works as a jewelry designer, tells us in an interview. Counting herself as a feminist, she questioned, "How can respectable brands possibly condone his behaviour?"

Wood and Philipps got Busy on the same day

It turns out A Case of You co-stars Busy Philipps and Evan Rachel Wood had a lot more in common on the set of their romantic comedy than they thought. During a Q&A panel following a screening of the film, the stars discovered they got started making their new babies the very same day, according to People magazine. "I got

pregnant Oct. 10," Philipps revealed, to which Wood chimed in, "Oh my God! I swear to God that's the day that I got pregnant," which prompted a spirited, "Shut up!" from Philipps. Philipps welcomed her second daughter, Cricket, on July 2, while Wood gave birth to her first son with husband Jamie Bell on July 20.



Busy Philipps



Evan Rachel Wood



Ashley Judd

Judd and estranged hubby may be giving it another shot

Ashley Judd has reportedly had a change of heart and is giving her marriage to race car driver Dario Franchitti another go, according to Us Weekly. Franchitti is recovering from a scary on-the-job crash that left him with a broken ankle and two fractured vertebrae — and injured 14 other individuals — and Judd is said to have rushed to his side after the crash. "They are going to give it another try after he recovers," a source says. "His accident made her realize how much she loves him."



Marilyn Manson. ALL PHOTOS GETTY IMAGES

Mickey and Manson? We're all stars now, in the Disney show

Marilyn Manson is teaming up with ... Disney? Shock rocker of our '90s hearts, Marilyn Manson, will be joining the cast of the Disney/ABC show Once Upon a Time, reports Rolling Stone. The singer will be voicing the character of Shadow.

"We've always been enormous fans of Marilyn Manson," show creators and executive producers Eddy Kitsis and Adam Horowitz told

the magazine. "We wanted to cast someone with the vocal ability to make our skin crawl."

For those of us old enough to remember the '90s, let me tell you: With his references to satanism, cross-dressing, dark music videos, Manson really, really freaked out old people — like, even more than twerking. And now he's going to be on a Disney-affiliated show. God bless America.



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What you need to fuel that workout fire

Not sure what to eat before and after a workout to maximize all that iron-pumping and cardio-induced sweating? Use these tips from registered dietitian Dawn Jackson Blatner for maximum benefits.

METRO

Before your workout, eat:

Bananas

For a steady, long-lasting supply of energy, eat a banana right before you hit the gym. It contains 25 grams of carbohydrates, your body's preferred fuel source for exercise. Bonus: You'll also get a good dose of potassium, a key electrolyte that's lost through sweat.



Raisins

A new study shows that raisins work just as well as sports gels to fuel your muscles pre-exercise. Aim for two tablespoons.

Pomegranate juice

Healthy compounds in pomegranate juice called polyphenols may help decrease muscle soreness, a recent study found. Drink four to eight ounces daily. Choose one that's 100 per cent juice.



Green tea

This healthy brew contains catechins, substances that may increase fat burning during exercise, according to research. Drink eight to 16 ounces of hot or iced tea before heading to your session.



If you're going to put in all that work at the gym you might as well do the right things to help yourself before and after your workout. ALL PHOTOS GETTY IMAGES

After a workout, eat:

A tuna sandwich

Your body's best exercise recovery combo is protein to repair muscles and carbs to replenish energy stores. Protein-rich tuna on whole-grain bread is the perfect post-workout pick-me-up.



Yogurt

Dairy foods such as yogurt are naturally rich in protein and carbs. For extra credit, choose two per cent yogurt — it contains Conjugated Linoleic Acid (CLA), which may accelerate fat burning. Try plain two per cent yogurt. Add a teaspoon of honey.

Tart cherries

A compound in tart cherries called anthocyanin may reduce muscle soreness and inflammation. Aim for half to one cup of the unsweetened frozen fruit or 100 per cent juice.



A green smoothie

A new study shows that a healthy compound in leafy green vegetables helps muscles work more efficiently. In a blender, purée one cup of leafy greens such as spinach, eight ounces of low-fat milk and half cup frozen berries and enjoy it after vigorous exercise sessions.

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Take advice with grain of salt

Group changing their recommendations. 2,000 mg of dietary sodium a day OK, say blood pressure experts in new guidelines

A group that advises doctors on how to best help patients prevent high blood pressure is shaking up its advice on the amount of sodium Canadians should get in their diets.

On Thursday, Hypertension Canada announced it has raised its recommended amount of daily sodium intake for most adults to 2,000 milligrams, the equivalent of

roughly five millilitres or one teaspoon of salt.

The organization's recommendations task force — made up of almost 70 doctors, nurses, dietitians and other health professionals from across Canada — decided to raise the daily sodium target to 2,000 mg after reviewing the latest research about the effects of salt on blood pressure.

Previous recommendations advised Canadians aged 14 to 50 to limit their daily sodium consumption to 1,500 mg, those 51 to 70 to aim for 1,300 mg, and those 70 and older to ingest even less — 1,200 mg.

But task force co-chairman Dr. Raj Padwal said research

shows that cutting salt intake to even 2,000 mg a day from 3,600 mg can significantly improve blood pressure levels.

"The second reason is that 1,500 or 1,300 or 1,200 ... it's simply not feasible because the average intake in the Canadian population is 3,400 milligrams, which is about a teaspoon and a half of salt."

In 2010, a sodium working group chaired by Health Canada advised Canadian adults to try to cut salt consumption by a third so they could reach a maximum of 2,300 mg a day by 2016.

The group said 1,500 mg daily is considered adequate intake.

THE CANADIAN PRESS



2,000 milligrams is the new standard for sodium consumption.
LARRY CROWE/THE CANADIAN PRESS

Dare not to scare easily and face that fear with a smile

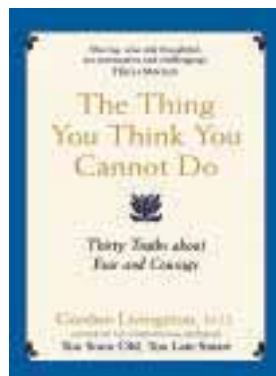
Courage is key. New book *The Thing You Think You Cannot Do* encourages you to confront what frightens you the most

Psychiatrist Dr. Gordon Livingston is prescribing a heavy dose of courage, not pills, to combat a debilitating syndrome: fear. In his book *The Thing You Think You Cannot Do*, now available in paperback, Livingston explains to us why we must depend on courage to survive.

You aim to invoke virtues rather than prescribe medicine. How do you implement that?

Although I do use medication for anxiety and depression, I think that we need to think about courage. The key — and that's why the book is titled *The Thing You Think You Cannot Do* — is to confront our fears. The cardinal rule of anxiety is that when we confront the things that make us anxious, they gradually decrease. Many people, for example, have so-called phobias: things that they can't do. They can't fly, they can't get on elevators; there are various things that people can be afraid of. But once those fears are confronted, systematically, they diminish.

So are we supposed to just dive right in? Or are there baby steps to decreasing fear?



Systematic desensitization is the way that we overcome those kinds of fears. If it's getting on an airplane, then one day we'll go the airport, and the next day we'll go to the boarding area. There are ways in which you can do this that will overcome anxiety in a way that you can tolerate. We have to get away from avoidance, because that causes the fears and the anxiety to increase.

How did your war experience in Vietnam influence your view of fear and the advice you give? That's an example of a hazardous environment in which practically all normal people are apprehensive. It's hard to train a person to be willing to die for an idea. I think that's what happens in the combat situation is people develop a kind of unit cohesion in which a sort of love develops among the participants, and it's important not to let down



Dr. Livingston's book encourages its readers to confront their fears. ISTOCK

these people who are dependent on you.

What's an easy, everyday tip for facing your fears?

Have a sense of humour.

The ability to laugh in the face of fear is another form of courage that needs to be cultivated. People who react out of fear don't make good decisions. METRO

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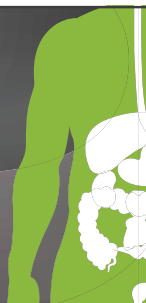
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The Crohn's and Colitis Foundation of Canada (CCFC) presents a free educational forum.

Living with inflammatory bowel disease (IBD) can be challenging, and varies in severity from person-to-person. If you have been diagnosed with or treated for IBD, you may have questions about effective management and finding a treatment that's right for you.

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Chicken Quinoa 'Mac and Cheese': Healthy comfort food



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Quinoa, the supergrain, has crept its way into every meal I can think of. In this variation of Mac and Cheese, you can use tofu or seafood for the chicken.

1. Preheat oven to 400 F (200 C).

2. In pot, add the quinoa and water. Bring to a boil, cover and simmer for 15 minutes or just until cooked. Set aside.

3. Meanwhile, dust the chicken with flour. In a skillet sprayed with vegetable oil, cook just until done, about 3 minutes. Add to the quinoa along with the sun-dried tomatoes and feta. Place into a 9-inch (23 cm) baking dish.

4. To make the sauce: In a saucepan, add the milk, stock,



This recipe serves six. ROSE REISMAN

flour, mustard and salt and pepper. Whisk until the flour is mixed in and bring to a simmer. Cook for 3 minutes or just until slightly thickened, stirring constantly. Add 3/4 cup (185 ml) cheddar and 2 tbsp (30 ml) Parmesan. Whisk until

smooth.

5. Pour over quinoa and mix.

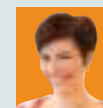
6. To make the topping: Combine the topping ingredients and sprinkle overtop. Bake for 10 minutes or just until topping

Ingredients

- 1 cup quinoa
- 1 1/2 cups water
- 6 oz diced chicken breast
- 2 tbsp all-purpose flour
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup crumbled reduced-fat feta cheese
- Sauce**
- 1 1/4 cups 2% milk
- 1/4 cup low-sodium chicken stock
- 2 tbsp all-purpose flour
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 3/4 cup grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- Topping**
- 1/3 cup panko or unseasoned dry breadcrumbs
- 2 tbsp grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- 2 tsp olive oil

Health Solutions

Oats are more than porridge



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

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crumbs in burgers, meatballs and meat loaves.

- Use the same ground oats in smoothies and shakes.

- Bake traditional Scottish oatcakes instead of oatmeal cookies.

- Use a paste of warm oats as a skin soothing face mask.

- Place a handful into a cheesecloth or facecloth and let soak in a tub to soften skin. Rub sack on rough spots to soothe and exfoliate.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



is browned.

Ingredients

- 1 tbsp vegetable oil
- 1 cup finely chopped onion
- 1 red bell pepper, cored and chopped
- 1 lb ground chicken
- 1 tbsp minced garlic
- 1 1/2 tbsp chili powder
- 1 tbsp all-purpose flour
- 1 tsp each ground cumin and dried oregano
- 1/2 cup white wine (optional)
- 1 1/2 cups low-sodium chicken broth (use 2 cups if not using the wine)
- Two 15 1/2-oz cans white beans, drained and rinsed
- 4 1/2 -oz can chopped green chilies
- 1/2 cup reduced-fat sour cream
- Salt and ground black pepper

To serve

- Chopped scallions
- Chopped fresh cilantro
- Grated low-fat Monterey Jack cheese
- Lime wedges

Dinner. White Chicken Chili with Lime

1. In nonstick skillet over medium, heat oil. Reduce heat to medium-low, add onion and red pepper, then cook 5 mins., or until onion is softened. Add chicken and cook, breaking up large pieces, until chicken is no longer pink, about 5 mins.

2. Add garlic, chili powder,

flour, cumin and oregano and cook, stirring, 2 mins. Add white wine, if using, and broth in stream, whisking. Bring to boil and simmer 10 mins.

3. Use fork to mash 1 cup of beans. Add both whole and mashed beans and chilies to chili and simmer 10 mins. Stir

in sour cream and cook until hot. Season with salt, pepper.

4. Ladle chili into bowls and accompany at table with scallions, cilantro, cheese and lime wedges. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

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Nothing like the smell of a good statistic in the morning

Small businesses. Take advantage of our love affair with figures to grab media attention



YOUR MONEY
Alison Griffiths
money@metronews.ca

There are lies, damned lies and statistics, as the saying goes. Still, government, industry and the media alike all adore a good stat. Among the press-release dross that piles up in my inbox, nothing grabs my attention like a startling number that highlights some aspect of human behaviour from shopping to investing.

And clever use of stats is one way small businesses can attract media attention even without a marketing department.

"You can get much of what

you need to build a numbers narrative by working the rich data in the websites of governments, associations, boards of trade and other knowledge repositories like universities and colleges," points out Margo Rapport, vice-president of communications for H2 Central, an integrated marketing and communications firm headquartered in Toronto.

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally," Rapport notes that small

Online resource

- H2 Central's Agora blog, h2central.ca/AgoraBlog, offers some fascinating takes on marketing and public relations for all kinds of businesses. It's definitely worth a look.

business owners new to numbers-based promotion should remember that the story is the goal. "For some media, a news release works just fine. For others, like business and financial journalists, infographics make numbers come alive."

Infographics, an increasingly popular visual representation of statistics, can be expensive to construct, but many industry associations regularly publish them and most are happy to allow a business to use the research as long as credit is provided.

To find out what kinds of statistics end up in an article, Rapport recommends small-business owners research wire services such as Canada News-

wire or Marketwired. "Many of them feature numbers-oriented narratives. They can also identify good research sources."

Another option for a more mature small business is hiring a professional to find the kind of numbers that will end up in a journalist's story. "Use \$2,000 to \$4,000 as a benchmark for working with an experienced professional, based on the estimated hourly rate and number of projected hours," advises Rapport. "Get interim research results and agree to put a cap upfront on searches that may be unproductive."

Even the smallest enterprise can take advantage of our love affair with statistics. And it doesn't have to cost a fortune.

Do your research

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally."

Margo Rapport, vice-president of communications for H2 Central



Illustrating statistics using charts or infographics can be a good way to get attention from business journalists. ISTOCK



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Popping the pre-nup question

Protecting your assets. Talking about finances may not be romantic, but experts say it's best to raise the subject early

VICKI SALEMI

Metro World News in New York City

When news broke this month about Kris and Bruce Jenner's separation, Steven Eisman, partner and director of the matrimonial law department at New York City's Abrams Fensterman, was surprised to hear they didn't sign a pre-nuptial agreement before

their 1991 wedding vows.

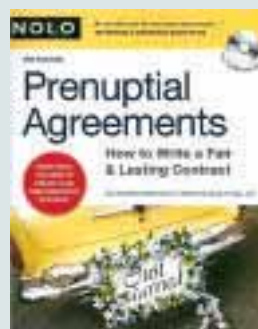
"They both had a substantial net worth at the time of their marriage — they were both somewhat celebrities," he says. Years later, after clothing lines, endorsement deals and a reality show, their net worth will be an issue as they head to divorce court.

It's also surprising because the Jenners entered their union with children from former marriages. Eisman says pre-nups aren't unusual for second marriages, because people want to be able to take care of their children.

Kardashian empire aside, Eisman sees more and more couples walking down the

What could this cost me?

- Kathleen E. Stoner, attorney and co-author of Prenuptial Agreements: How to Write a Fair & Lasting Contract, says the cost of a pre-nup depends on how complicated it is and who drafts it.
- "High-end premarital agreements involving substantial assets could cost thousands of dollars. In contrast, simpler premarital agreements ... might run between \$500 and \$1,000."



aisle at a later age, which means they're more likely to

have assets to protect. "They say, 'I love you forever and

ever but in case it doesn't work, I don't want to share everything I acquired before we tied the knot.'" Sure, it's his job, but Eisman says it is indeed better to be prepared and realistic.

As for bringing up the sensitive topic with your spouse-to-be, Kathleen E. Stoner, attorney and co-author of Prenuptial Agreements: How to Write a Fair & Lasting Contract, recommends talking early on and suggests that couples sign the contract at least three months before the big day.

Although it's oh-so-unromantic to talk about finances and properties, she says any relationship will

involve money, so the "best thing for people to do is to learn how to have those conversations in a loving way."

She also says that those conversations have to keep going throughout the relationship — it's wise to review the pre-nup every few years to see if it still makes sense. "Some pre-nups even include a commitment to doing that," she says.

Stoner says pre-nups are not for everyone, but she believes everyone should consider them and do their research. "Make a well-informed decision about (pre-nups) based upon the individual circumstances and the (jurisdictional laws)."



Attorney Kathleen E. Stoner recommends talking about pre-nups early on, and suggests couples sign the contract at least three months before their wedding day. ISTOCK





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OHL

Knights deal blue-liner Stewart

The London Knights have traded defenceman Owen Stewart. After three games with the Knights, the 17-year-old has been dealt to the Ottawa 67s for a 15th-round pick in the 2014 OHL draft. Stewart, 6-3 and 182 pounds, was claimed off waivers from the Kitchener Rangers in September.

METRO

Aaron Hernandez trial

Judge rejects recusal request

The judge in the Aaron Hernandez murder case has declined to recuse herself, saying she has no bias against prosecutors.

Prosecutors asked Judge Susan Garsh to step aside, alleging she and prosecutor William McCauley have a "history of antagonism" stemming from a 2010 murder trial. **THE ASSOCIATED PRESS**

Adrian Peterson

Man indicted in death of Vikings star's son

A South Dakota man accused in the death of the young son of Minnesota Vikings running back Adrian Peterson has been indicted on second-degree murder and manslaughter charges, prosecutors said Monday.

Joseph Robert Patterson, 27, is expected to be arraigned later this week in the death of two-year-old Tyrese Robert Ruffin, who died two days after being hospitalized with severe head injuries.

THE ASSOCIATED PRESS

Leyland walks away from Tigers dugout

MLB. 'It's been a thrill': Manager steps down after 8 seasons in Detroit

A picture of Jim Leyland's face stared out from the video board at an empty Comerica Park, next to that familiar olde English "D" and a message that said simply: "Thank You Jim."

After eight seasons managing the Tigers, including three division titles and two American League pennants, Leyland stepped down Monday. His voice cracking at times, wiping away tears at others, he announced his departure two days after Detroit was eliminated by Boston in the AL championship series.

"It's been a thrill," the 68-year-old Leyland said during a news conference at the ballpark. "I came here to change talent to team, and I think with the help of this entire organization, I think we've done that. We've won quite a bit. I'm very grateful to have been a small part of that."

Leyland made his managerial debut with the Pittsburgh Pirates in 1986, and from Barry Bonds to Miguel Cabrera, he's managed some



Jim Leyland sheds a tear while announcing he is stepping down as Tigers manager on Monday in Detroit. **PAUL SANCYA/THE ASSOCIATED PRESS**

of the sport's biggest stars and been involved in some of baseball's most memorable games over the past quarter-century.

Leyland told general manager Dave Dombrowski in early September that he didn't want to return as manager. He expects to re-

main with the organization in some capacity after going 700-597 as a manager.

He is 1,769-1,728 overall during stints with the Tigers, Pirates, Marlins and Rockies.

Leyland says his health is fine, but it's time to stop managing. He said he started weighing his decision around June.

"I'm not totally retiring today, I'm just not going to be in the dugout anymore," Leyland said. "I started thinking this was getting a little rough. I thought that the fuel was getting a little low."

THE ASSOCIATED PRESS

Cabrera fought through pain

Tigers slugger Miguel Cabrera might need surgery to repair a tear in his groin.

- General manager Dave Dombrowski said Monday that Cabrera was checked by Dr. William Meyers in Philadelphia before the post-season. Dombrowski said Cabrera only agreed to see Meyers when the team promised the third baseman he wouldn't be shut down.

Quoted

"I just had a feeling that it could have been his last year. All year, he was kind of emotional, and I just felt it."

Tigers outfielder Torii Hunter

Senators gear up for clash with Alfredsson



Daniel Alfredsson will face his former team for the first time when the Senators visit the Detroit Red Wings on Wednesday night. **GREGORY SHAMUS/GETTY IMAGES**

The Ottawa Senators have a big week ahead and can't get caught up dwelling on one game — even if it's against former captain Daniel Alfredsson.

The Senators will face Alfredsson for the first time Wednesday since the 40-year-old chose to leave Ottawa and sign with the Detroit Red Wings as a free agent this past summer.

Alfredsson's decision came as a shock to many, and while fans might still be reeling, the players say they've moved on. "It's more (weird) for him,"

Quoted

"They have lots of good players. Daniel is one of them so our focus is on the Red Wings and how they play as a team, not one guy."

Senators coach Paul MacLean on Wednesday night's matchup against former captain Daniel Alfredsson in Detroit.

said new captain Jason Spezza. "We're used to seeing one guy move on and play for a dif-

ferent team and play against teammates you've played with."

Senators coach Paul MacLean has great memories from his own time in Detroit, where he served as an assistant coach to Mike Babcock. But as far as he's concerned, this is just one more game on the schedule.

"We're just going there to play the Red Wings," said MacLean. "That's all my focus is on is we're playing the Red Wings. That's a big enough task in my book."

THE CANADIAN PRESS

4 SPORTS



The Sharks' Tomas Hertl scores on Rangers goalie Martin Biron on Oct. 8 in San Jose. THEARON W. HENDERSON/GETTY IMAGES

Sharks rookie showing his bite

NHL. 19-year-old Hertl blowing expectations out of the water

The San Jose Sharks' bus was late, so Tomas Hertl had to wait.

That gave fans outside Joe Louis Arena another chance to ask for autographs from the 19-year-old whose stardom in the NHL has arrived earlier than most expected. Hertl has seven goals and three assists in his first eight games and is an early front-runner for the Calder Trophy as the rookie of the year.

That production even caught coach Todd McLellan a little off-guard.

"I'd be lying if I said I wasn't (surprised)," he said after San Jose's morning skate Monday in Detroit.

Quoted

"He has the vision and the ability to do things, I think, that high-end players have."

Sharks GM Doug Wilson on rookie forward Tomas Hertl

"We expected him to be able to come in and make an impact on our team, but not to the extent that he has to this point."

Hertl's four-goal game Oct. 8 against the New York Rangers put him in the spotlight, spurring plenty of talk about showmanship after he scored on a shot from between his legs. Washington Capitals coach Adam Oates caused a stir by saying it's important for young players like Hertl not to "disrespect the league," while an off-colour

locker-room comment by captain Joe Thornton spun the attention in a different direction for a little while.

The 2012 first-round pick has cooled off slightly since that breakout performance, but it's not like the Sharks expect multi-goal games out of him that often. Given the ups and downs rookies tend to face, he might not finish the season with 20.

That's OK, because as general manager Doug Wilson puts it, "Tomas is not a one-dimensional player."

"It's not just the offensive numbers," Wilson said in a phone interview. "This kid is very poised in his own zone, he makes really smart plays protecting the puck, and to us he's a three-zone player that just fits in with how we want to play and where we're going with our team."

THE CANADIAN PRESS

Injured in Indianapolis

Wayne tears ACL, out for the season

Colts receiver Reggie Wayne will miss the rest of the season after tearing the anterior cruciate ligament in his right knee during Sunday night's win over Denver. Wayne was injured in the fourth quarter as he tried to catch a low pass.

THE ASSOCIATED PRESS

Banged-up Bears

Chicago down Cutler and Briggs

Chicago Bears quarterback Jay Cutler will miss at least the next four weeks of the season and Pro Bowl line-backer Lance Briggs will be out for around six weeks.

Cutler (groin) and Briggs (shoulder) were both hurt in Sunday's loss to Washington. THE ASSOCIATED PRESS

Big boo-boo for The Lou

Knee injury ends Bradford's year

Sam Bradford is done for the season, and the burden for the St. Louis Rams has just become a whole lot bigger.

He tore a ligament in his left knee in Sunday's 30-15 loss at Carolina that dropped the Rams to 3-4.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Detroit	9	6	3	0	24	23	12
Toronto	9	6	3	0	30	22	12
Boston	7	5	2	0	20	10	10
Montreal	8	5	3	0	26	15	10
Tampa Bay	8	5	3	0	26	21	10
Ottawa	8	3	3	2	21	24	8
Florida	9	3	6	0	20	32	6
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	8	7	1	0	31	19	14
Carolina	9	4	2	3	22	26	11
NY Islanders	8	3	3	2	25	23	8
Columbus	8	3	3	0	19	22	6
Washington	8	3	5	0	21	25	6
New Jersey	8	1	4	3	17	26	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

Monday's results

San Jose at Detroit
Colorado at Pittsburgh
Calgary at Los Angeles

Sunday's results

Columbus 3 Vancouver 1
Anaheim 6 Dallas 3
Nashville 3 Winnipeg 1

Tuesday's games

All Times Eastern

Anaheim at Toronto, 7 p.m.
Vancouver at NY Islanders, 7 p.m.
New Jersey at Columbus, 7 p.m.
Chicago at Florida, 7:30 p.m.
Edmonton at Montreal, 7:30 p.m.
Washington at Winnipeg, 8 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	8	7	1	0	27	12	14
Chicago	8	5	1	2	23	19	12
St. Louis	7	5	1	1	27	19	11
Nashville	9	5	3	1	19	22	11
Minnesota	9	3	3	3	19	22	9
Winnipeg	9	4	5	0	22	25	8
Dallas	8	3	5	0	20	28	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	39	16	15
Anaheim	8	7	1	0	30	19	14
Phoenix	9	5	2	2	27	26	12
Los Angeles	9	6	3	0	24	22	12
Vancouver	10	5	4	1	27	29	11
Calgary	7	3	2	2	23	26	8
Edmonton	9	2	6	1	26	36	5

Note: Two points for a win, one point for overtime loss.

Nashville at Minnesota, 8 p.m.

Calgary at Phoenix, 10 p.m.

Wednesday's games

Ottawa at Detroit, 7:30 p.m.
Boston at Buffalo, 8 p.m.

Thursday's games

San Jose at Boston, 7 p.m.
Vancouver at New Jersey, 7 p.m.
NY Rangers at Philadelphia, 7 p.m.
Anaheim at Montreal, 7:30 p.m.
Chicago at Tampa Bay, 7:30 p.m.
Carolina at Minnesota, 8 p.m.
Winnipeg at Nashville, 8 p.m.
Calgary at Dallas, 8:30 p.m.
Washington at Edmonton, 9:30 p.m.
Phoenix at Los Angeles, 10:30 p.m.

MLB PLAYOFFS

WORLD SERIES

(Best-of-7)

ST. LOUIS VS. BOSTON

Wednesday's game

St. Louis at Boston 8:07 p.m.

Thursday's game

St. Louis at Boston 8:07 p.m.

Saturday's game

Boston at St. Louis 8:07 p.m.

Sunday, October 27

Boston at St. Louis 8:15 p.m.

Monday, October 28

Boston at St. Louis 8:07 p.m.

Wednesday, October 30

St. Louis at Boston 8:07 p.m.

Thursday, October 31

St. Louis at Boston 8:07 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Thursday's game — All Times Eastern

Winnipeg at Toronto, 7:30 p.m.

Friday's game

Edmonton at B.C., 10 p.m.

Saturday's games

Montreal at Hamilton, 1 p.m.

Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 7

Monday's results

Minnesota at N.Y. Giants

Sunday's results

Cincinnati 27 Detroit 24
San Diego 24 Jacksonville 6
Carolina 30 St. Louis 15
Washington 45 Chicago 41
N.Y. Jets 30 New England 27
Buffalo 23 Miami 21
Dallas 17 Philadelphia 3
Atlanta 31 Tampa Bay 23
San Francisco 31 Tennessee 17
Green Bay 31 Cleveland 13
Kansas City 17 Houston 16
Pittsburgh 19 Baltimore 16
Indianapolis 39 Denver 33

MLS

Sunday's results

New York 3 Houston 0

Los Angeles 0 San Jose 0

Wednesday's game

Chivas USA at Real Salt Lake, 9 p.m.

Saturday's games

Kansas City at Philadelphia, 3 p.m.

Montreal at Toronto FC, 4 p.m.

FC Dallas at San Jose, 5:30 p.m.

Portland at Chivas USA, 10:30 p.m.

Sunday, October 27

Houston at D.C., 1:30 p.m.

New England at Columbus, 4 p.m.

Chicago at New York, 5 p.m.

Colorado at Vancouver, 8 p.m.

Los Angeles at Seattle, 9 p.m.

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Horoscopes

♈ Aries

March 21 - April 20

You are under no obligation to continue with a relationship or partnership that has turned into a liability. The Sun's imminent change of signs means a parting of the ways may be the only solution.

♉ Taurus

April 21 - May 21

You won't change your opinions to please another person for any reason and the sooner they get it through their head, the better. Maybe you should keep some distance between the two of you today.

♊ Gemini

May 22 - June 21

You will come up against an obstacle today and you could easily lose heart. But don't throw in the towel because there is always an answer if you look for it. No luck? Try looking in the opposite direction.

♋ Cancer

June 22 - July 23

The planets suggest someone in authority is making life tough for you. So what do you do about it? Nothing. The Sun's change of signs tomorrow will bring a change of focus that resolves both personal and professional issues.

♌ Leo

July 24 - Aug. 23

If you have any errands to run then you should get them out of the way because within a matter of days, maybe hours, you won't be able to move as freely as you can now.

♍ Virgo

Aug. 24 - Sept. 23

Don't keep interesting news to yourself today just because you can't see how spreading it around will help other people.

♎ Libra

Sept. 24 - Oct. 23

If you are convinced that a certain course of action is right then go ahead with it. But if there are doubts then hold back. There may not be money at stake today but there will be tomorrow.

♏ Scorpio

Oct. 24 - Nov. 22

Something you have been dreaming of is about to come true but there will be strings attached. A dream it may be but that does not mean you can ignore reality. Keep your feet on the ground.

♐ Sagittarius

Nov. 23 - Dec. 21

It's an important time for money matters, so don't rush into anything that you're not 100 per cent certain you can control. The last thing you need is to get yourself into debt.

♑ Capricorn

Dec. 22 - Jan. 20

You may be convinced that you can do as you please and no one can stop you but is that really the case? The Sun's impending change of signs warns that even friends may desert you if you go too far.

♒ Aquarius

Jan. 21 - Feb. 19

The Sun is about to cross the career angle of your chart, giving your ambitions a much-needed boost. Don't take the support of powerful people for granted though.

♓ Pisces

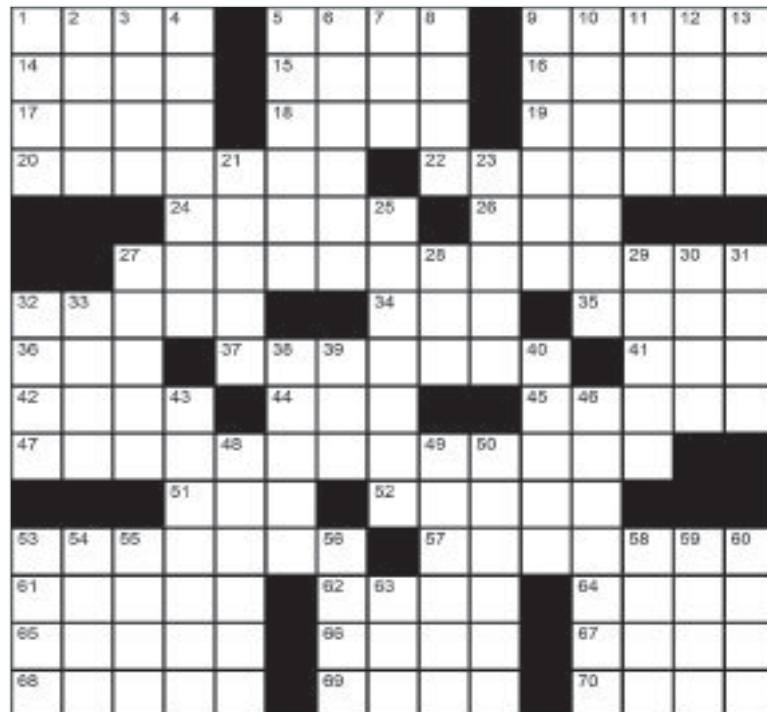
Feb. 20 - March 20

Not everyone thinks you act from the best of motives. What can you do to improve your image? One thing, surely, is to be a bit more sociable. Go on, you can do it. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Informal food
- Catch ____ ('Get')
- "This isn't ____" (Get real)
- Great Big Sea's "____-Mac"
- Gather
- Frankie Goes to Hollywood hit
- ____-drop
- Owed-money
- Baseball cap wearing filmmaker Michael
- Activated again, as a membership
- Goal-getting athletes
- "____ for Murder" (1954)
- Embrace
- Animated Moun-tie of '60s TV: 2 wds.
- Oprah's produc-tion company
- Fashion designer, Anna ____
- Mischa of "My Man Godfrey" (1936)
- Bear, in Barcelona
- Stays put during the Fall-following season
- Get a nose like Pinocchio
- Graduation cap birds
- Knowledgeable letters
- ____-eyed
- Sudbury-born activist who ignited



- the movement for women's rights in Canada in the 1900s: 2 wds.
- Mariner's dir.
 - Gulf of ____ Law-rence
 - Quebec, ____ Province
 - "The Queen ____

Show

- Fragrance
- Nero's 1041
- Canuck political party member
- London. New York. Paris. ____
- 'Victor' suffix
- Home office ac-cessory

Down

- Mini military man
- Arctic ____ (Northern-hopping critter)
- "So, are you out ____ then?"

- Used a Bounty paper towel: 2 wds.
- Trying event
- "Drop the ____" by Maestro Fresh Wes
- Keyboard key
- Selects
- Knight's outfit, Suit of ____

- Country duo, Florida ____ Line
- Jar of cream stuff
- A.A. Milne book, Chloe ____
- Past partners
- Sports ____ (Arm-chair quarterback's spouse)
- Religious songs group
- Some seers
- Whimsically funny
- Expected
- Russian forced labour camp
- ____ to the throne
- Deuce-ace
- Blind Melon singer Shannon
- "Even ____ speak..."
- "____ Fine" by The Beatles
- 'Pseudo' suffix
- ____ driving
- Canadian brewer since 1834
- Grant the right to
- From the shore
- Canadian actor, ____ Keith Rennie
- Mediate
- One of Mary's flock
- Seed coat
- Gaucho's weapon
- Send forth
- Young horse
- Sleeves
- Build-up talk
- Losing tic-tac-toe line

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

8°/1°
Variable

Wednesday

7°/1°
Showers
40%

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